

Title: Supervision with Visual Art Expression

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ABSTRACT

Although art expression has been widely used in both art therapy and supervision in the Czech Republic, its distinctive features, added value and possible drawbacks in supervision have been researched less extensively than in art therapy. Here I explore what art expression brings into supervision, what new perspectives it can offer and what obstacles may dissuade supervisors from employing certain approaches. A qualitative content analysis of semi-structured interviews on the sample of 12 respondents revealed four thematic areas: Definition of creative art process, phases and content; Drawbacks and Benefits of working with art expression; The role of education in used methods and approaches. The results show an unexpectedly wide range of methods that Czech supervisors and supervisees employ when dealing with art expression in supervision, as well as the extent or absence of some approaches. One possible reason could be the lack of legislative anchoring compared to countries such as the UK and USA.

Key words: expression, visual creative process, artefact, expressive therapy, art therapy, supervision, supervision of art therapies